

ABSTRACT OF THE DISCLOSURE

An exercise apparatus includes a support frame, a crank assembly, two swing units, and two pedal assemblies. The crank assembly is mounted on the rear of the support frame, and has a crankshaft and a pair of crank members. Each swing unit includes a lever mounted on the front of the support frame, and a longitudinal connecting unit connected to a respective crank member. Each pedal assembly includes a rocking arm with a pivot end mounted pivotally on the front of the support frame, and a pedal axle having a rear end making relative sliding movement with the connecting unit when the pedal axle is moved. The pedal assemblies are respectively connected to the swing units for swinging synchronously with the swing units.